



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 8 Knowledge Check: Meal or No Meal

Do the planned menus below meet the CACFP meal patterns for ages 3-5? Refer to the Connecticut State Department of Education's (CSDE) [CACFP Meal Patterns for Children](#) and [Grain Ounce Equivalents for the CACFP](#).

Breakfast menus	Meets requirements?	Explanation
Menu 1 ¾ cup unflavored low-fat milk ½ cup whole-grain round cereal (6.1 grams of sugars per ounce) ½ cup blueberries	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 2 ¾ cup unflavored low-fat milk ½ large egg scrambled ½ cup mandarin oranges	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 3 ¾ cup unflavored low-fat milk 1 ounce whole grain-rich (WGR) blueberry muffin, ½ cup diced peaches	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 4 ¾ cup unflavored fat-free milk ¼ cup oatmeal ½ cup sliced strawberries	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 5 ¾ cup unflavored fat-free milk 1½ ounce whole-grain cereal bar ½ cup fruit salad	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Lunch and Supper Menus	Meets requirements?	Explanation
Menu 1 $\frac{3}{4}$ cup unflavored low-fat milk 1½ ounces tuna salad ½ ounce whole-wheat pita triangles ½ cup garden salad ($\frac{1}{4}$ cup lettuce and $\frac{1}{4}$ cup tomatoes and carrots) $\frac{1}{4}$ cup sliced red grapes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 2 $\frac{3}{4}$ cup unflavored low-fat milk Soft taco: 1½ ounces cooked beef ½ ounce enriched tortilla ¼ cup tomato ⅛ cup lettuce $\frac{1}{4}$ cup apple slices	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 3 $\frac{3}{4}$ cup unflavored low-fat milk Chili: ¼ cup kidney beans ½ ounce shredded cheese ¼ cup tomato sauce 1 ounce enriched corn muffin $\frac{1}{4}$ cup green pepper strips	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 4 $\frac{3}{4}$ cup unflavored fat-free milk 1½ ounces diced baked chicken ¼ cup brown rice ¼ cup steamed broccoli ¼ cup butternut squash	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Lunch and Supper Menus	Meets requirements?	Explanation
Menu 5 $\frac{3}{4}$ cup unflavored fat-free milk Macaroni and cheese: $1\frac{1}{2}$ ounces cheese $\frac{1}{4}$ cup WGR pasta, $\frac{1}{4}$ cup green beans $\frac{1}{4}$ cup strawberries	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Snack menus	Meets requirements?	Explanation
Menu 1 ½ cup orange juice ½ ounce whole-grain crackers	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 2 Trail mix: ¼ cup mixed dried fruit ½ cup whole-grain round cereal (5 grams sugar per ounce) ½ cup water	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 3 ½ cup unflavored low-fat milk Fruit smoothie: ¼ cup of pureed strawberries ¼ cup of pureed peaches	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 4 ½ cup pepper strips ½ cup diced watermelon	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 5 ½ cup spinach salad ½ ounce cheese cubes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu 6 ½ ounce graham crackers ½ cup unflavored low-fat milk	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the CACFP meal pattern requirements for children, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage and [Crediting Foods in CACFP Child Care Programs](#) webpage.

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***Bite Size** is the CSDE's training program for CACFP child care facilities, including child care and Head Start centers, at-risk afterschool care centers, emergency shelters, and family day care homes. **Bite Size** is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the **Bite Size** training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.*

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